

# **APOLLO REACH HOSPITALS, KARIMNAGAR**

## **A WIDENED CANAL**



**FROM : MY STORY -D. RAJKIRAN (Patient)**

**GOOD MORNING TO ALL.**

I am D. RAJKIRAN 40-year-old man developed chest pain and heaviness in chest for two days. I went to emergency room Apollo Reach Hospital. They have examined me and did an ECG and prolonged diabetes and hypertension for many years and was taking medication for that. The Cardiologist here had seen me and said I had a single vessel disease. RCA was treated with stent and shown good perforusion thankfully.

Post-procedure has been very good. I have absolutely no chest pain and no shortness of breath. I am able to mobilize with some assistance, dietician had reinforced the idea of eating. Also they have showed me how to do light exercises without straining my heart too much, but to enough to burn calories and also helping the early blood flow throughout the body.

A regular medication and how to maximise the benefits of it was stressed to me. I was also advised to stay away from tobacco products and the juice of the grape. A good rest goes a long way to ensure good health. I am ever so happy with all the treatment I received in Apollo Reach Hospital. I am especially thankful to Dr. VIDYA SAGAR sir and all Nursing Staff and all the support staff.

Thanking you.